



Red: Strawberries

Strawberries are unique in that their seeds are on the outside. One strawberry typically has 200 seeds on it. They are the most popular berry in America. One ½ cup serving provides two-thirds of your daily vitamin C requirement.

Strawberry Smoothie

Ingredients:

2 cups fresh or frozen strawberries, washed and sorted if fresh
2 small ripe bananas
1/3 cup honey
2 tablespoons lemon juice
1 ½ cups low-fat vanilla yogurt
1 cup frozen vanilla low-fat ice cream

1. Combine strawberries, bananas, honey and lemon juice and puree on HIGH speed in blender. Add yogurt and ice cream and blend until thick and smooth.
2. Serve immediately in cold glasses.

Nutritional Information:

Calories: 301, Total Fat: 3g, Saturated Fat 1.3 g, Carbohydrates: 66g, Cholesterol: 7mg, Dietary Fiber: 3g, Sodium: 81mg, Protein: 7g

1 -8oz cup provides 1 serving of fruit

